

# A Few of My Favorite Things



## Child Development

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## Urinary Frequency

Refers to the experience of having to empty your bladders very often. In pregnancy, this is caused by pressure on your bladder by your enlarging uterus.

## Talk

Unborn babies can respond to noises outside the mother during the third trimester. So start early and "talk" to your baby.

## Uterine

These contractions or tightening of the uterus occur throughout pregnancy are called Braxton Hicks contractions.

## Stress

There is always an increased amount of "stress" involved in the process of changing. Moms and Dads need to know this and prepare for it as they become parents.

## Uterus

The place where the baby grows and develops.

## First Trimester

This means approximately the first three months of your pregnancy. Most of the development or forming of the fetus occurs during this period.

## Fetus

### Sleep

The hormonal changes and the stress of the rapidly growing life is responsible for the increased need for "sleep" most women have in their first trimester.

## Fetus

### Foot

As early as the eighth week of pregnancy toes are visible on this even though there is webbing (as on a duck) between them.

## Fetus

### Spontaneous Abortion

A medical term referring to a miscarriage. It is sometimes nature's way of insuring a healthy outcome to a pregnancy.

## Fetus

### Upset Stomach

Sometimes an early sign of pregnancy is nausea and/or vomiting. It is commonly called morning sickness although it can occur throughout the day.

## Toxemia (or Preeclampsia)

An illness in which a woman has high blood pressure, puffiness in the tissues and protein in the urine. If your doctor tells you that you have toxemia or could develop toxemia you must have extra care.

## Fetus

### Egg (Ovum)

At birth, the ovaries of baby girls contain almost 500,000 potential "eggs".

## Smoking

Each and every time you do this, the blood vessels in the placenta which provide nourishment to the fetus constrict or get more narrow so that less oxygen and less nutritional substances may reach your baby. In addition, you are pumping a powerful poison into your unborn baby's blood stream.

## Emotion

You will experience many changes in your feelings when you are pregnant. Sometimes you will feel anxious, sad, happy, frightened, lonely depressed or guilty.

## Examination

This is done as part of your first visit to the doctor.

## Fertilize

The beginning of a baby occurs when an egg released by the woman's ovary is penetrated by a sperm.

## Trimester

Pregnancy is divided into three blocks of time of three month each called trimesters.

## False Labor

Sometimes Braxton-Hicks (rehearsal) contractions come strong and regular and are mistaken for the contractions of the first stage of labor.

## Fetus Teeth

Calcium is needed for the baby's bones and teeth. Some foods high in calcium are milk, cheese, yogurt, and broccoli.

## Fetus Suspect Pregnancy

Always postpone and x-ray if you even "suspect" you are pregnant. Radiation from x-rays can have a big effect on an embryo in the first stages of development.

## Fetus Food Intake

Most pregnant women need to increase this by about 500 calories a day.

## Fetus Fat

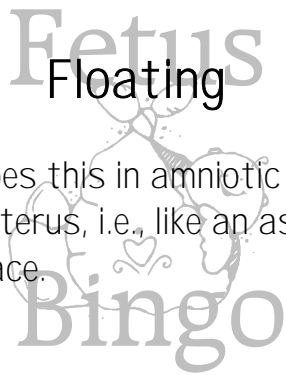
It is important not to get rid of excess "fat" during pregnancy. Drastically reducing your calories during a pregnancy can be harmful to your developing baby.

## Fetus Eye

Your baby is sensitive to light and can even tell when you are sun bathing or in bright light or in a darkened room. They can see this using their...

## Fetus Ultrasound

Test during pregnancy that bounces very high frequency sound waves off the developing fetus and projects an image on a screen. The doctor can tell if the baby is growing and also locate the position of the baby and the placenta.



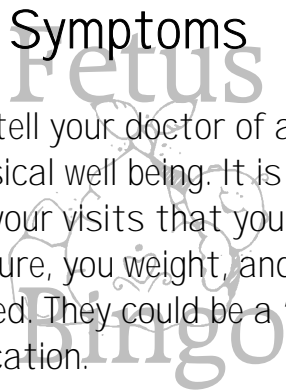
## Floating

The baby does this in amniotic fluid when inside the uterus, i.e., like an astronaut in outer space.



## Early

It is important to set up regular visits with medical care as "early" as possible when you are pregnant.



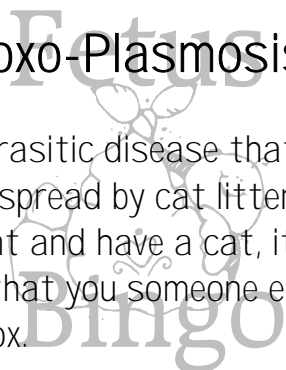
## Symptoms

Be sure to tell your doctor of any change in your physical well being. It is important at each of your visits that you have your blood pressure, you weight, and your urine checked. They could be a "symptom" of a complication.



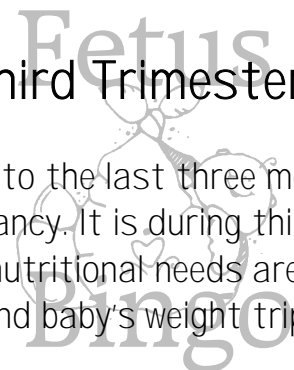
## Single Cell

The fertilization of this results in the birth of a baby.



## Toxo-Plasmosis

This is a parasitic disease that is sometimes spread by cat litter. If you are pregnant and have a cat, it is important that you someone else change the litter box.



## Third Trimester

This refers to the last three months of your pregnancy. It is during this time that your nutritional needs are the greatest and baby's weight triples.

## Eat

It is very important that you “eat” the right foods to maintain good health especially when you are pregnant. Food recommended are meats, vegetables, fruit, milk, dairy products, breads and cereals.

## Sperm

Refers to the male reproductive cell which fertilizes the egg.

## Ear

From the twenty-fourth week on, your unborn child may hear your heartbeat using it's...

## Under of Over the Counter Drugs

Think about any drugs you may be taking when you decide to be pregnant. Whether it comes from “under or over” the counter it could be harmful.

## Fallopian Tube

Each woman has two of these that allow passage of the fertilized egg from the ovary to the uterus.

## Term Pregnancy

Delivery within the two weeks of your due date.

## Fetal Twin

Fraternal twins happen when two eggs are fertilized by two sperm. These babies may be of the same or different sex and will look no more alike than any other brother or sister.

## Embryo

The baby is sometimes referred to medically as an "embryo" until it reaches the 8<sup>th</sup> week of pregnancy.

## Folic Acid

This is a B vitamin needed especially when you are pregnant.

## Testicles

Men have two of these which are located in the scrotum. They produce sperm, which is the male reproductive cell.

## Experience Movement

The mother will "experience" movement of the baby during the 5<sup>th</sup> month of pregnancy.

## Tenderness

Sometimes breast "tenderness" is one of the first signs that you are pregnant.



## Umbilical Cord

What connects the fetus and the placenta. The cord contains two arteries which carry nourishment to the baby and one vein which takes away the waste products.

## Signs

The early "signs" of pregnancy include: missed menstrual period, swollen or tender breasts, fatigue, frequent urination and nausea.

## Exercise

Certain types of this designed with pregnancy in mind insure better tone and elasticity for muscles and can help you stay healthy during pregnancy.

## Toxic

Certain drugs, even those you may commonly take at certain times can be "toxic" to an unborn baby. Always check with your doctor before taking any medication at all.

## Skin

Sometimes this changes when you are pregnant. Sometimes there is a darkening on your face which is called a mask of pregnancy.



# Discipline Basics

Name \_\_\_\_\_

Period \_\_\_\_\_

## Terms:

<u>Guidance</u>	<u>Discipline</u>	<u>Punishment</u>

## Why do they do it?

<u>Reasons for Misbehavior</u>	
1.	5.
2.	6.
3.	7.
4.	8.

## Techniques:

<u>Positive Statement</u>	<u>Redirect Attention</u>

Reverse Attention	Limited Choices
Time Out	Loss of Privilege
Setting Limits	Natural & Logical Consequences

### Practice:

1. Identify the reason the following children are misbehaving:

A. Peter, 2 ½ goes to church with his Dad. He will not sit quietly, which upsets his father. \_\_\_\_\_

B. A 4 year-old takes his big brother's knife and tries to cut a carrot, instead he cuts his finger. \_\_\_\_\_

C. Jane, 3 years old, goes into her mom's bedroom and uses lipstick to draw on her mom's bedspread. \_\_\_\_\_

D. Mary and John, 4 and 5, have been playing peacefully with the tinker toys for 45 minutes. Gradually tempers flare and they begin fighting over the toys and hitting each other. \_\_\_\_\_

E. Mom asks David, age 7, to help set the table. David says, "I don't want to! I don't know how...you do it!" \_\_\_\_\_

2. Reword the following into positive statements:

- A. Don't hit your sister again! \_\_\_\_\_
- B. Don't forget your lunch! \_\_\_\_\_
- C. Don't slam the door! \_\_\_\_\_
- D. Don't climb up the slide! \_\_\_\_\_
- E. Don't listen to that kind of music! \_\_\_\_\_

3. Come up with a natural & logical consequence for each of the following misbehaviors:

Behavior	Natural Consequence	Logical Consequence
A child refuses to clean his bedroom.		
Two children fight over whose turn it is to play video games.		
A child is not ready for school on time.		
A child refuses to eat at mealtime.		

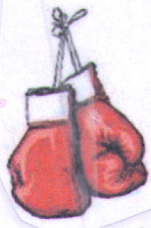
**Styles:**

<u>Permissive</u>	<u>Authoritarian</u>	<u>Democratic</u>

## Matilda Video:



1. Describe Matilda's parents.
2. What type of parents were they? (Authoritarian, Democratic or Permissive) Why?
3. Describe Matilda's teacher, Miss Honey.
4. What type of teacher was she? (Authoritarian, Democratic or Permissive) Why?
5. Give two examples of authoritarian behavior from the movie:
6. Give two examples of democratic behavior from the movie:
7. Give two examples of permissive behavior from the movie:
8. Which parenting style do you believe is the best? Why?  
Write a paragraph to explain your belief



# Erik Erikson

## Theory of Social-Emotional Development

Round 1: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 2: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 3: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 4: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 5: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 6: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 7: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

Round 8: \_\_\_\_\_ vs. \_\_\_\_\_

Age:

Challenge:

